Part II

DIRECTING YOUR CONCENTRATION

You have filled out a questionnaire on your personality, on things that bother you, and on things that make you react. You have spent some time in concentration sessions with yourself. Hopefully you have discovered other things in your life which affect your actions. You have evaluated yourself and tried to find goals in your life. You have learned to exert energy in specific muscles. You have learned that a great potential for strength and power exists in you. Now you will begin to learn to control your potential, and to channel your energy towards goals in your life.

By now you should have spent some time practicing your concentration and simple associations such as the yawn, itching, sour tastes and laughing.

Do not continue with this section unless you have mastered at least two simple associations from Section 3, and have been practicing Free Concentration.

If you are having trouble creating a mental stimulus to make your body respond, you should practice more Free Concentration. Just let your mind drift and become familiar with how you think. You also may not be relaxing fully. Remember, take a total inventory. If you must, write down all your body parts and check them off as you relax.

If you are still having trouble, try the concentration exercises in a totally dark environment with no sound. Make certain that you are relaxed, and preferably a little tired. Use the breathing concentration, thinking the sounds innnnnnnn, and ouououououououou to yourself with each breath. *You* must concentrate, I cannot do this for you.

If you are not having any problems then it is time to move on and learn to control and change your reactions. You will learn to concentrate on a reaction you have, and replace it with another.

Visualization

First, you need to choose a subject to concentrate on. This is one of the hardest steps. I cannot tell you what to choose. You may wish to start with something simple, such as a food or drink which causes an unpleasant association in your subconscious. You can use this concentration exercise to alter your physical reaction to the food or drink. This is a good exercise to work with since you can measure your success by turning repulsion for a food or drink into attraction to it.

If you choose to start with something like this, then you should get comfortable, take your Proper Breaths (remember only 3 when beginning your concentration exercises), and close your eyes. First, bring the image of the food or drink into your mind. See it there. Smell it. Taste it. Concentrate on it until you begin to feel nauseous from it. Now move your concentration onto that nauseous feeling. Feel what your stomach is doing. Feel the sensation, the churning and sick feeling in your stomach. Now slowly, feeling from your stomach, not your mind, feel the sensation of nausea residing. Feel your stomach relaxing and your gastric juices receding down your throat. Begin to feel your mouth again, there is no sensation in your stomach.

Feel the taste in your mouth. Enjoy the taste in your mouth. Evaluate the taste. Enjoy the food or drink while it is in your mouth. Swallow the taste. Think of your mouth, not your stomach. Enjoy the taste for what it is.

Regardless of what subject you choose to alter your subconscious association with, the ground rules are the same:

1. Remind your mind and body of the association.
2. Evaluate that association.
3. Eliminate that association.
4. Replace that association with another one.

The most difficult part of directing your concentration is replacing the association. Many people who are subject to worries, doubts, anger, frustration, self-consciousness and discouragement allow their minds to concentrate on only one thing. They cannot consciously move their concentration onto another subject. They are generally moody or depressed.

By doing these concentration exercises you are learning not only to change your specific reactions and associations, but you are also learning how to control your moods. Again, when you have done your concentration exercises to the point where they become a habit with you, you will be able to willfully adopt any attitude or mood you choose.

How Long Should You Spend On Each Concentration?

If you are beginning with a concentration to change your opinion of a food or drink, give it several sessions. You may need to actually taste the food or drink before your concentration sessions, in order to recall your unpleasant association to it. Attempt to use your imagination to its fullest.

Food or drink associations are relatively simple, and it should take you no more than fifteen sessions to change your reaction. Some people have accomplished it in three sessions. As you do your concentrations, you will notice that each time it becomes easier. You will learn to communicate with your subconscious, and control it. You are still in the learning process. Do not be discouraged if control of simple associations is taking a long time for you. The control will become easier.

You should work on only one specific concentration at a time. You can continue to do your Free Concentration sessions. They will not affect your specific concentration sessions. However, you should complete your desired goal with your specific concentration before moving on to another.

If you wish, you may want to begin on something other than a dislike of a food or drink for your first specific concentration. If you have something in mind, and understand the principles, then go ahead, experiment. If not, you may go back to your personality questionnaire.

Look at your problem areas, or where emotional barriers may lie. If you are tense and high strung, then think of a situation which caused you to be extremely tense.

In this type of concentration, you should first recall the situation and the association. Experience the tenseness. After you have accomplished recreating the association, then analyze your tenseness, your reaction. Make your tenseness subside. Do this very slowly. Feel how your body relaxes itself. Concentrate on relaxing.

With more complicated associations it may take you several sessions just to recall the feeling. Take as many sessions as you need. The more deeply rooted the association, the longer it will take to recreate. Take time. Do not become discouraged.

But also remember, if you attempt to recreate a particularly complex association you may find that you are not yet experienced enough to visualize it strongly enough to duplicate your reaction. Do not waste too long on a specific concentration, if you feel you are making no progress. It is better to switch to another concentration subject than to remain unsuccessful on one.

I encourage you to begin with simple associations. This will help you become familiar with your mind and it will be much easier to move on to the more important and complicated ones. I know that learning to like asparagus is not going to enhance your life, but it will make it much easier to learn how to control your mind and body.

You must find your own personality areas to work on. In time you will learn how to change your reactions to things without having a formal concentration session. It will become habit, much like thinking in terms of your positive emotions with your conscious mind. You will learn to dispel negative thoughts. You will no longer dwell on the negative, you will be able to replace your reactions with positive actions. You will change your fears into motivations.

Once you have mastered the direction of your thoughts you will realize how to control your Chi. I have taught you what the internal strength feels like. You must find in your own life, those associations which incite your Chi. You must watch for those times in your life when you can feel in the pit of your stomach your internal strength. You must learn what emotional stimuli will turn your body on to its fullest potential. You have learned how to imagine an emotion. Once you have discovered in your own life what incites your Chi, you can use what you have learned to recreate that image in your mind and cause your body to bypass its physical strength barriers, and use its full potential.

Innocence is a sensitivity to life. It should not be lost through knowledge and experience, it should only be enhanced.

Part III

THE CHI EXERCISES

Mental Rehearsal

In performing the Chi exercises you must imagine that you are bending your arms, or pushing against wedges, etc. In your Chi concentration exercises you must imagine objects and emotions which cause your body to react.

Your imagination is a powerful tool. You can use it to help you cope with situations, to perform better, to react quicker. Basically, your imagination can prepare yourself for anything.

In The Gym—The Imaginary Dead Lift

To help increase your lifts in the gym, you can mentally rehearse them. Bend over and imagine that you are gripping a bar. Position your hands exactly as if there was a real barbell in front of you. Imagine that there is more weight than you can possibly lift on the bar. Strain as hard as you can. Feel the bar pull against your grip. You are picking it off the ground and the bar is getting heavier. Put everything you have into lifting this bar. Try to complete the lift.

Do this for about 14 to 18 seconds. Tense hard and slowly.

This type of exercise is very similar to some of those taught in Karate. In Karate you must throw punches very slowly, tensing each muscle as hard as you can with the movement. You can use this technique not only for deadlifting, but for any gym lift; for improving a golf swing; for improving a swimming stroke; for almost anything which requires strength and coordination. The key is to perform it slowly, feeling and tensing each of the muscles as they come into play to complete the movement.

By performing these movements slowly, you over-use each of the muscles involved. You also learn the order in which the muscles must come into play to complete the movement. When you come to actually performing the movement, it will be like second nature. It will have become a habit for your muscles to move in that fashion.

You will be mentally prepared for the movement. You will become more confident that you can perform it smoothly and automatically. This is how I practice the handcuff break. In front of a mirror, I slowly tense my shoulders, arms, forearms and wrists against an imaginary pair of handcuffs. I work my body much harder than when I actually pull against the cuffs because I am using additional muscles to hold my arms in place.

You can mentally prepare yourself in this manner for almost anything. Before a performance I mentally rehearse everything that I am going to do. I think of everything I will say and of how I will feel. When the actual performance arrives, my body, because of habit, turns on for the show. It is the only way I perform.

Have you ever had to get up extra early in the morning, and gone to bed with the thought in mind that you must get up at a certain time, and then found that with no alarm you wake up just at that time? This happens to me many times. It is because I have mentally rehearsed getting up at that time. You can do the same thing with everything in your life. You can plan ahead how you will react to things, and you can react that way.

As you have learned in previous sections, glands are necessary in the secretion of hormones. Hormones affect your moods, your temperament, your skin condition, your strength and your sexuality.

The following exercise provides a kind of massage for the organs and glands in and around your digestive system. It simulates the stomach, intestines, liver, kidneys and pancreas. The position of the head allows blood to move toward the head and the pituitary gland.

This exercise is not essential to body development. It is, however, an extremely beneficial exercise. I perform it regularly, along with my normal routine. Its benefits are not as obvious as with the other Chi exercises, but they are nonetheless there.

Ab Pump:

Get on your hands and knees. Bend your head down so that you are looking out between your legs.

Relax. Breathe deeply several times, then exhale your last breath completely.

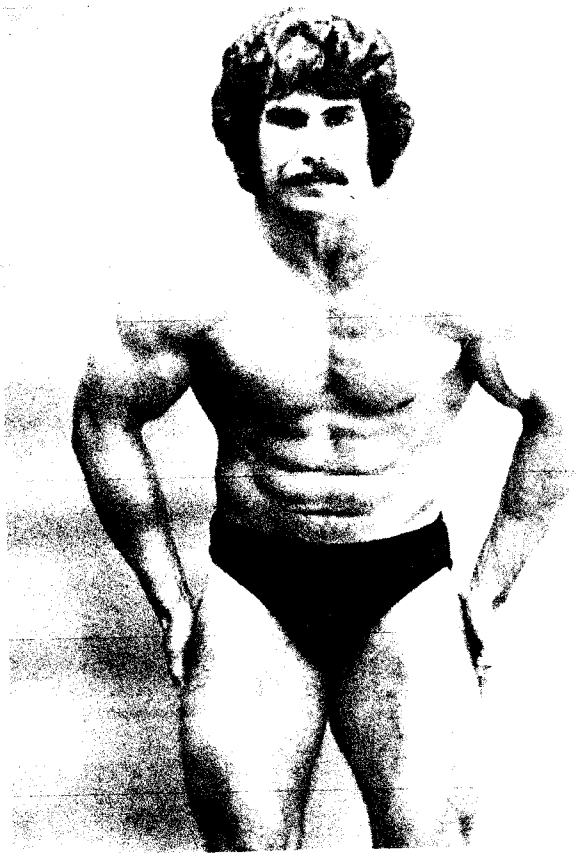
Pull your stomach inward and upward, and immediately push it back out in a snapping motion. Pull it back in and up, and snap it out again. Do this as many times as you can on one exhalation.

Then relax.

You should work on this exercise until you are completing about 25 snaps per exhalation. You need only perform this once a day.

If your stomach wall muscles are weak, it may take you several weeks to build up to 25 snaps. If this is a particularly hard movement for you to make, you should practice it in a standing position for several weeks until your stomach muscles have become acquainted with the movement.

This is a priceless, and very simple exercise. It will keep your internal organs healthy and responsive. It also helps to prevent middle age pot belly. I would hope that you include this in your daily routine. Remember not to ignore the simple exercises. They are basic to your health.



For the abdominal muscles:

Ab Flex

Relax. Take several deep breaths, then exhale completely.

Bend slightly forward, placing your hands on your thighs.

Push down on your abdominal muscles as hard as possible. Hold for the count of seven.

Relax.

And of course, no routine for the abs could be considered complete without sit-ups.

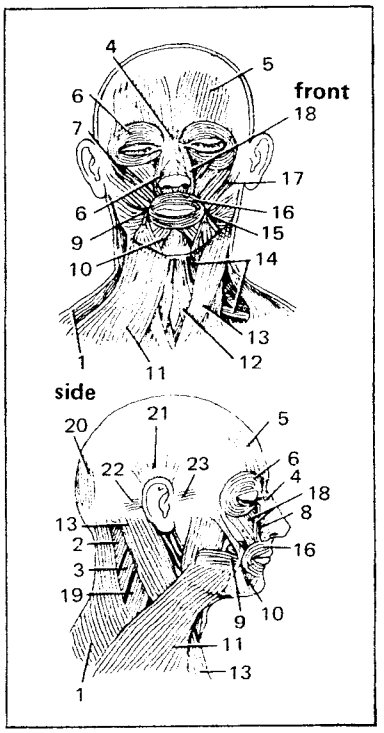
For the buttocks:

Buttocks Flex

Relax. Breathe fully, holding the last breath.

Stand on your toes, and lean slightly forward (you may wish to lean upon something as illustrated in the photo). Flex your buttocks muscles as hard as possible, for seven seconds.

Relax.



Muscles of the head:

1. Trapezius
2. Splenius Capitus
3. Levator Scapulae
4. Procerus
5. Frontalis
6. Orbicularis Oculi
7. Zygomatic Minor
8. Compressor Nares
9. Risorius
10. Inf. Quadratus Labii
11. Platysma
12. Sternohyoid
13. Sternocleidomastoid
14. Omohyoid
15. Triangularis
16. Orbicularis Oris
17. Zygomatic Major
18. Sup. Levator Labii
19. Scalenus Mm
20. Occipital
21. Sup. Auricularis
22. Post. Auricularis
23. Ant. Auricularis

Often exercises for the neck are neglected in health routines. The neck, since it houses the center of your nervous system, is a very important part of the body. But aside from gaining neck strength, these exercises also work and tone your facial muscles. These exercises will help you from losing the shape of your face, chin and neck with age.

For the neck muscles:

Tendon Stretch

Relax. Breathe deeply, holding the last breath.

Using your lower jaw, flex the tendons in your neck as hard as possible.

Hold for seven seconds.

Relax.

Neck Pull

Relax. Breathe fully, holding the last breath.

Looking straight ahead, pull your head as far as you can to the right side.

Hold for seven seconds.

Relax.

Repeat for the left side.

Star-gazer

Relax. Breathe fully, holding the last breath.

Bend your head as far back as you can.

Hold for seven seconds.

Relax.

Ground-gazer

Relax. Breathe fully, holding the last breath.

Bend your head as far forward as you can. You may use your fists to push.

Hold for seven seconds.

Relax.

Don't take your life lightly. You have this chance only once, use it to its fullest. Look around you. Enjoy each flower and blade of grass. Look deeply, at the beauty of nature, and at your own potential.

REVIEW

In the past four sections you have learned much. Now it is time for you to apply your knowledge to your life.

You have learned how your body works. You have experienced the mental control you have over your body. You have learned what Chi is. Now you must feel how to use Chi in your life. You do use it. Everyone does, to some degree. It is time for you to find out when and how you are using it.

You now have the tools to direct your thoughts. You must find the keys to your subconscious. You must find what naturally motivates you.

You have set apart a time in each day to perform your Chi exercises, mental and physical. Now you must apply what you have learned throughout the day. Notice what your body is doing. Pay attention to why you do things. Analyze your reactions and your moods. Alter them to fit your wants and needs. You have the knowledge—now use it!

The next section will teach you the impact your dreams have on your life. You will learn exercises for the thighs and calves.

The majority of your learning is now complete. The responsibility is now on you to apply the lessons and achieve your goals. There is a reason that you took this course, and that desire should be becoming a reality. Look forward to the next section!

Look closely at a flower and you can see the network of fibers which make up each delicate petal. Look closely at your life and you can see the multitude of emotions which make up each moment.

Looking Back . . .

You have learned how to control your Chi. You have learned how to control your thoughts and emotions. You should now be looking for places in your life to apply what you have learned.

You have discovered the importance of the subconscious mind, and the role that it plays in controlling your emotions, your actions, your reactions, your moods and your strength. You should be working with your subconscious in your Chi concentration sessions. You should be reaching a better understanding of yourself.

To help you understand and communicate with your subconscious mind, this section concerns itself with the study and meaning of your dreams. Your dreams are the most important key to your subconscious, and you are now ready to unlock the door with them.

This section also includes the application of Chi to weightlifting, and a weight training routine. You will learn to apply your Chi training to perform feats of strength. You have learned the basics. Now it is time to apply your knowledge.

You will finish learning the specific Chi tensing exercises. You will learn how to work and tense your feet, calf and thigh muscles.

Let's begin.

Section 5

Part I

THE STUDY OF DREAMS

In order to understand and control your subconscious mind, you must learn to interpret your dreams. Dreams are a direct, personal, and meaningful communication from your subconscious to your conscious mind.

The subconscious uses symbols to communicate. These symbols are common and obvious, but they are also entirely individual. They can be interpreted only through a unique and individual "key".

A dream is very different from a conscious story. There is no sense of time, order or logic. This is the reason many people have trouble understanding their dreams.

But because they don't make sense in waking terms is no reason to ignore them.

Our conscious mind chooses to block out many of its emotional and psychic associations, while our subconscious mind is composed *only* of our emotional and psychic associations.

Therefore, dreams are more dramatic, threatening or meaningful to the dreamer. In comparison to your dreams, the events of waking life seem drab, slow and uneventful.

Analyzing Your Dreams

You cannot take a dream at face value. If you dream that you take a ride in an elevator, the meaning of your dream may have nothing at all to do with the elevator. You must look at what the elevator, or perhaps the ride, means to you.

No one else can tell you what it means. You must think of what association the objects and events of your dreams have to yourself. The association could be a common one which other people have, but it must be assessed in terms of the individual dreamer.

The association could be social, or collective in nature. If you dream of Kawasaki motorcycles, it could symbolize that you want the "good times to roll"; if you dream of Coca-Cola, it could symbolize that things are going better; if you dream of Charmin toilet paper, it could symbolize something which is "squeezably soft". Your mind can very easily pick up the social or commercial meanings of things. Dreams also have religious associations. You must always look to yourself to find the meanings.

To one person, a dream about strawberries could represent a pleasant and enjoyable experience; to another person who is allergic to strawberries, the dream could signify an uncomfortable or unpleasant situation. For a country boy to dream about sky scrapers and the hustle of the big city could represent a desire for new surroundings; or a fear of the outside world closing in; or a desire to climb the "wall-street ladder of success"; or anticipation of a trip to see Grandma, who lives in Minneapolis. It depends entirely on the association the symbol brings to the mind of the individual. Thus, the same dream for two people can have completely different meanings.

Religion, culture, race, social status, sex, age and health can all have a bearing on an individual's associations. The interpretation of dream symbols depends upon the individual circumstances of the dreamer and the condition of his mind.

Use Objectivity With Your Analysis

Your subconscious and conscious minds think in two different ways. It is very common for the conscious mind to alter and rearrange the symbols in a dream to fit its way of thinking. For this reason, you should write your dreams down *immediately*. For most people, this is when you first wake up; for others, events during the day may recall the dream to mind. Wherever you are, write the events of your dream down immediately.

Write down only the basics. Don't bother with too much detail. Writing is a conscious function, and your conscious mind will color your dream while you are writing it, if you dwell on too much detail.

View your dreams as fact. No matter how bizarre they may seem to your conscious mind, they happened as you dreamed them. After you've objectively recalled the facts of your dream, then you can look at what those facts mean in your life.

Some dreams have a very strong association, others almost none at all. You will probably not be able to find the symbolism and meaning in all your dreams. Don't attempt to. You will recognize the dreams that carry a strong meaning for you. Those are the ones which you should try to analyze.

Recalling Dreams

Some people claim that they do not dream. This is highly unlikely, what is more probable is that they don't remember their dreams.

As we've already learned, the memory is a defense mechanism (see pg. 85) which can shut out unpleasant emotions, associations, incidents and objects. A fear of your real, subconscious motivations may be preventing your mind from recalling your dreams. It is also possible that you find them confusing, so you choose to forget them rather than experience the unpleasant sensation of confusion.

The Controversy Over Dreams

Numerous studies of dreams have been made. Some studies claim you dream when you first fall asleep; some claim you dream just before waking up; some say you dream in your deepest periods of sleep; others claim you dream in your lightest periods of sleep; some say that dreams come in groups; some claim that you dream in cycles; some say you dream on a full stomach; some say you dream in black and white; some say you dream in color. The only thing for certain is that you dream in your sleep, and somewhere there is probably a study which questions that assumption too.

There are some studies which allege that waking up in a foul mood is due to waking up before a dream is completed. Many people have seen and experienced the future in their dreams. There are psychic healers who perform their work in their sleep through dreams.

Your subconscious mind has its finger on your pulse. It knows when you are becoming sick. It can let your defenses down and allow bacteria to enter your system and allow you to become ill. It can tell you when your diet is lacking in a certain nutrient. It can tell you when you've been working too hard. Many of its symbols are signs to your conscious mind about your state of health.

There are cases documented of people dreaming of the past and of other lives. Some people have experienced deeply religious visions in their dreams. There is no limit to what has been accredited to dreams, or to the meanings that you can find in your own. The potential of the subconscious mind is only now being discovered, and one thing is certain, it is vast and far reaching.

One primitive tribe was discovered which had an entire social structure set up around dreams. Each day the tribe members would form groups and recall their dreams from the night before. Whenever people would have a dream about flying, the tribe held a huge celebration. They believed that this signified a moving from the physical to the spiritual world. On the whole, the study of this culture showed that the people got along well and had a sound social structure. Perhaps we have something to learn from them?

Find Yourself In Your Dreams

When analyzing your dreams, remember that *your* subconscious is communicating. Even though you dream about people you know, and places you've been, your dream is about *you*, and not those people or places. A helpful key in searching your dreams for meaning, is to replace other people, and even objects, in your dream with yourself. One night I had a confusing dream about driving a car on a race track. I couldn't understand the dream until I retold the dream, with myself playing the role of the race car. From the car's point of view the dream made sense.

Much of the time people which appear in your dreams represent things in your own personality which you don't like to acknowledge. You project these feelings from yourself onto other people and objects. You must look closely in your dreams for such projections—when you take parts of your own personality and attach them to other people and objects.

Another common dream symbol is to dream of a person, but to see that person in your dream as something entirely different than what the person is actually like. For instance, you may dream of a girl friend as being an old and tired woman. In actuality, your girl friend is young, healthy and quite beautiful. Your dream probably has nothing to do with your girl friend at all, since the person in your dream had no real resemblance to your girl friend. The old woman was a symbol of something in yourself, perhaps a fear of becoming old, tired and ugly.

Psychologist Carl Jung believed that in every person's subconscious there is both a feminine and masculine side. He called it the anima and animus, it could also be

seen as the passive and aggressive side of each person. Many dream analysts agree that sex in a dream does not relate to the sex of a person. Often it is a symbol of passiveness or aggressiveness. For a man to dream about a woman could mean that the man is looking at his passive side, not of a woman as such.

Of course, it is possible for you to dream about other people. Usually the people look like themselves, and the dream is relating to you something which you feel about these people. Remember, not all your dreams hold a great significance.

But dreams provide insight to your subconscious mind. They are a key to understanding yourself. To *control* your subconscious, your internal muscular reactions, your moods and your motivations, you must *understand* your subconscious.

Your dreams are an invaluable tool to this end. Take advantage of them.

You may wish to put this binder close to your bed to help remind you to write down your dreams and to look for the keys within them. You can use the note space provided in the course, or add an additional piece of paper in the pocket at the beginning of the binder

Don't let such priceless keys to self-knowledge lie being unused. The key to your subconscious is in your hand, use it to open the door!

Place no limits on your potential. Set your goals and aspirations high. Do not let your potential go untapped.

And when you accomplish your goals, wear your achievements proudly, and share your success with the world.

Part II

THE USE OF CHI IN STRENGTH DEVELOPMENT

Michelle Klimesh, the model used in Section 1, came to me to study weight training and Chi in February, 1978. She had never lifted before, and was 23 years old.

After five weeks of training (using the Proper Breath, all the physical Chi exercises and the mental rehearsal, particularly on the dead-lift) I accompanied Michelle to the State Power Lifting Championship at Stockton, California. There she broke three out of four women's weightlifting records for the 123 lb. class. For only five weeks of training, her debut was sensational.

Regardless of your motive for taking this course, a by-product of Chi mind control training is strength. If you already have a regular weight training routine, you have probably noticed your increase in strength. Because of the week in between each of the body sections, you may still need extra time on some areas to develop and feel new strength. But the results of Chi are noticed early in your training.

Taking It Slow

As the story goes, the first weightlifter lived on a farm, and instead of using weights and a bar, the boy would go out each day and pick up a calf. As the calf gained weight, the boy's strength increased. Gradually his strength increased to where he was able to lift the calf, now a grown cow, off the ground.

Whether this story is actually true has no bearing on what it is trying to say. Strength is gained over time; and this is the only way to increase the strength in your muscles.

It is possible for your internal strength to take over your body and give you 100 percent of your strength in a matter of seconds. But you don't start learning math by taking algebra and calculus. In order to learn to control your Chi, you must start out slow and work your way up. The same is true of strength development.

Feats Of Strength

As you develop your Chi, and your strength, a good way to test it is by performing feats of strength. I use feats to demonstrate the power of Chi. It is an impactful and stunning exhibit of what the mind can do with the body.

But feats of strength also serve as a good measurement of your progress. By accomplishing feats of strength you are helping motivate yourself with your successes. The feats of strength also are valuable in teaching and demonstrating to you that your mind can break past its limits.

Be sure to select your feats of strength carefully. Just as with your first images of Chi mind control and conscious altering, you have to be careful to choose things which you can accomplish. Your mind must not be filled with images of failure. But also remember to choose something which you must work to accomplish so that you can enjoy your success.

I advise beginning your feats by bending objects. Long bars are good for this since they come in varying diameters. Screw drivers and industrial files are also good objects to begin with. Pick something which you feel will require 40 to 45 percent of your strength, assuming that you are only using 30 percent of your strength now.

Before you attempt to perform the feat, mentally rehearse it, as explained on page 93. Use your imagination to practice. Spend at least five days practicing your feat in your mind, using all your muscles to their fullest. Be sure to use all the muscles you will need to actually perform the feat. Don't neglect your stance, the position of your hands, shoulders or arms.

When rehearsing the feat, use your imagination to increase the exertion and the importance of this feat in your mind. Make your feat an important goal in your life. Give it the emotional weight it needs to stimulate your internal strength.

You should spend anywhere from 14 seconds to a minute and a half with your mental rehearsal. Don't let your mind make it too easy. Use your imagination to challenge your strength to its fullest. Prepare for the mental rehearsal as you would for the feat itself, using the Proper Breath beforehand. If you exert to your maximum, you should only need to rehearse once a day.

After you have completed at least five days of rehearsal, attempt the feat. Just prior to actually performing the feat, go over in your mind what you want your body to do. Know when you will command your additional strength.

If you have followed this course as directed, you should accomplish your feat in a short period of time. You may succeed your first attempt, and for some it may take longer. If you have not picked a feat which is too advanced for you, expect to see results within two weeks.

The Role Of Heredity In Strength Development

For each individual, heredity has made some parts of their bodies more responsive to training than others. Because of how and where you were raised, some parts of your body have always been worked harder than others. This gives some people an early advantage in certain areas of strength.

However, just as with bodybuilding, you can overcome these slight, initial handicaps. It may take extra work on those areas, but they will become responsive to your training.

When you begin to test your strength with feats, you should be careful to use portions of your body which you have a good natural mental control over. These are the areas where you have your most natural strength. If you have particularly strong arms, then perform a feat which uses arm strength.

When finding a position or manner to perform your feats of strength, follow the same rule. Find a position which you are comfortable with. If you are comfortable bending a bar over your knee, then do it that way. If you feel more at ease bending a bar around the back of your neck, then that is how you should do it. Be sure to pad your body against the object you are using. If you are using a bar bend, remember to find a bar which is long enough that you can get a proper grip on it. By using a comfortable position you are also utilizing your areas of natural strength.

WEIGHT TRAINING

Of course, it would be impossible for me to write a course which does not mention weight training.

There is a lot of available literature on the subject of weight training. There is also a lot of controversy. I will not go into detail on the techniques of weight training. You have already learned to listen and feel what your body is doing and how it is responding, that is the only true measure of success in the gym.

For gains in muscular size, a person must consume large amounts of protein. You have already learned the importance of protein in weight training (page 11). A rule of thumb is to consume one and one-half times your body weight. In other words, if you weigh 150 pounds, your protein intake should be 225 grams (150 x 1.5 = 225). If your body weight is 200 pounds, your protein intake should be 300 grams (200 x 1.5 = 300). Another rule of thumb in the gym is to work with low weights and lots of reps for strength development; and work with maximum weight and fewer reps to gain more bulk in your muscles.

Your Mental Attitude

The other very important key to success with weight training is your mental attitude. Weight training is not easy. What you have learned can greatly enhance your workouts. Use your mind to prepare for each workout. Mentally rehearse your lifts. You should spend at least 20 minutes before a workout thinking about what you are going to lift; how hard you are going to exert yourself; where you are going to encounter sticking points; and how you will overcome those sticking points. Never go into a workout unprepared.

You must also anticipate and endure the pain which weightlifting causes. The old saying that "the pains are gains" is true. The pain is caused by blood being forced into unused muscle fiber. You have learned how to endure pain and how to keep your mind from dwelling on it. Use what you have learned.

As I said before, the most important key is to be in tune with your body. Don't remove yourself from your workouts. *Feel* what is happening to your body. Feel how your muscles respond. Feel the blood being pushed deep into the tissue. It is impossible for you to train too hard. Your body will adjust to your training. But remember that you must work up slowly, always making your workouts more intense.

Basic Weight Lifting Program

For weight training you should either train three times a week or split the routine in half so that you work part of your body one day, and another part of your body the next. The intensity of weight training requires at least one day for your body and tissues to recuperate before they can be worked a second time.

Terms: Rep – (repetition) a complete movement in an exercise.
Set – A series of repetitions.

For the beginning weightlifter, I propose the following routine.

	Sets	Reps
Chest,		
Bench press	3	10
Flys (flat bench)	3	10
Lats,		
Bent over rowing	3	10
Lat pull downs or wide grip chins	3	12
Delts,		
Press behind neck	3	8
Lateral raises	3	12
Traps,		
Shrugs* (barbell)	3	12
*Pull up then back		
Biceps,		
Dumbell curls	3	10
Barbell curls	3	12
Triceps,		
Lying tricep extensions	3	12
Tricep push downs with cables or french presses	3	10
Thighs,		
Squats	4	10
Leg curls	3	10
Calves,		
Calf raises	5	20
Abs,		
Sit ups	1	All you can
Leg raises	1	All you can
Neck,		
Wrestler's bridge	1	20

Demand The Most From Your Body

You must always demand a peak performance from your body. The reps and sets given here are only guidelines. You must gauge a workout to your own body's needs. If you can complete a full three sets easily, then you are not using enough weight.

You should use enough weight that you can barely complete 10 reps in the first set, only 9 or 10 in the second set, and only 7, 8 or 9 reps in your last set. If you can complete all three sets of ten then your routine is too easy.

Always try to increase your weight. Use your mind to push your body harder. You want to use a high state of exertion, around 40 percent of your potential in a workout.

Weight training is successful when you perservere. There is no need to wear out your body by trying to use 60 or 80 percent of your strength. You want to increase your exertions, but you don't want to strain your mind or your muscles. Use the gym to put your body in a finely tuned, high state of health and strength.Don't attempt to turn-on all of your internal strength everyday in a gym. That is simply not the place or time for it.

Know your limits in a gym. Also know where and when you should turn your body on 100 percent for an exertion.

For those people who have trouble gaining bulk I can only refer you back to the nutrition section of this book. The only way you are going to gain weight, and thereby gain bulk, is if your food intake is higher than your energy output. When I started lifting I was skinny. I had to force myself to put on weight. I never let myself be hungry. Everywhere I went, the movies, a baseball game, the park, everywhere, I brought food, grocery bags full of ice cream, fruits, milk, cheese and meats. I upped my carbohydrate and protein intake to the maximum, which was everything I could get my hands on. There is no secret to gaining bulk—what goes in either goes out, or goes on.

NOTES

Part III

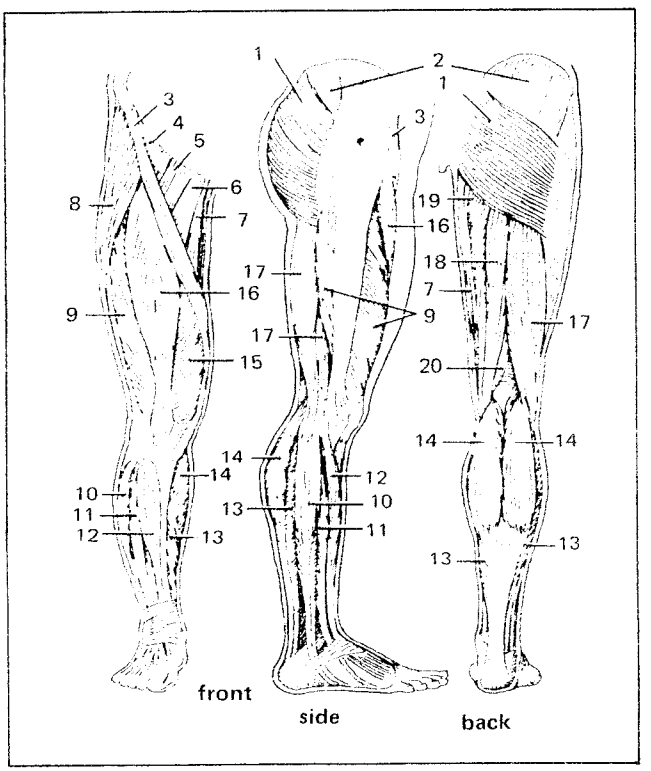
THE CHI EXERCISES

This section will complete your Chi exercises for your specific muscles. We have covered your entire body. This section will explain how to work your thighs and calves.

As with the other exercises, these will call upon other parts of your body to come into play. You will work your feet in these exercises. Many people look for strong thigh and calf definition, and I have found these exercises to be the best for achieving that definition.

Because of the sets of muscles in your thighs and calves, these exercises are greatly enhanced by using the movement which will be explained in the next section. For now, follow the prescribed exercises, and pay particular attention to the specific muscles in your legs. You may wish to pause during these exercises and reach down with your hand to feel the specific muscles tense.

After one week with these exercises, you will be well prepared to reap the additional benefits of movement in Section 6.



Muscles of the legs:

1. Gluteus Maximus
2. Gluteus Medius
3. Sartorius
4. Ilio-Psoas
5. Pectineus
6. Adductor Longus
7. Gracilis
8. Tensor Fascia Lata
9. Vastus Lateralis
10. Peroneus Longus
11. Ext. Digitorum Longus
12. Tibialis Anterior
13. Soleus
14. Gastrocnemius
15. Vastus Medialis
16. Rectus Femoris
17. Biceps Femoris
18. Semitendinosus
19. Adductor Magnus
20. Semimembranosus

Note: The calf is composed of two separate muscles--the gastrocnemius, number 14.

For the thigh (Biceps Femoris):

The Crane

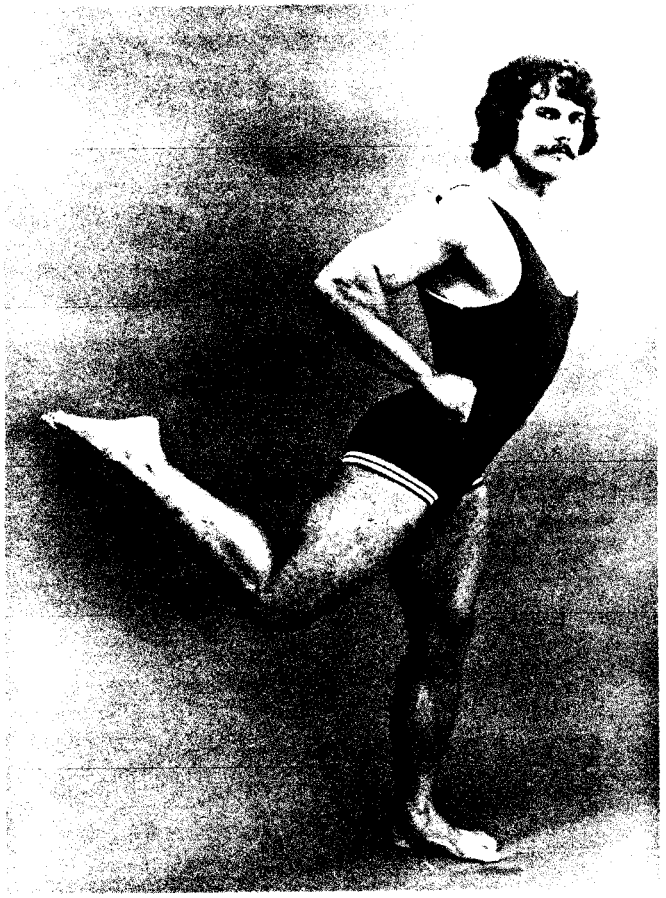
Relax. Breathe fully, holding your last breath.

Stand with your legs together, and lift your right leg at the knee. Pull your leg up as far as possible, tensing your thigh bicep.

Hold for seven seconds.

Relax.

Repeat for the left leg.



For the thigh and buttocks:

The Swan

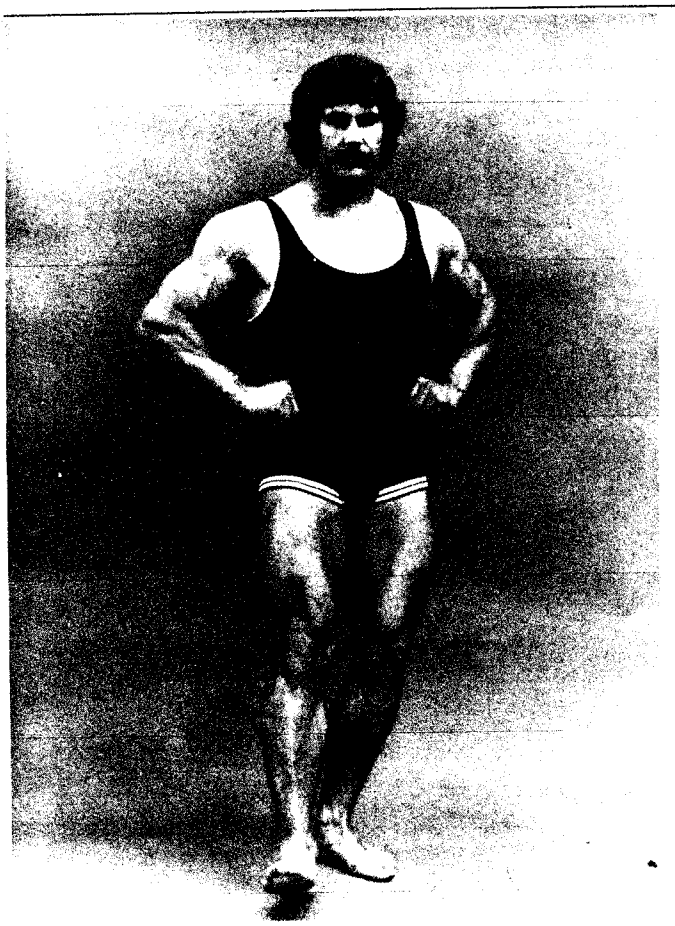
Relax. Breathe fully, holding your last breath.

Stand with your legs together, and lift your right leg away from you body, and bent at the knee. Pull your leg back, and up as hard as possible.

Hold for seven seconds, tensing as hard as you can.

Relax.

Repeat for the left leg.



For the thigh muscles:

Thigh Flex

This exercise is performed one leg at a time. There are three positions.

Position 1

Breathe fully, holding your last breath.

Stand with your leg slightly in front of your body, with your toes raised as far up as possible. Keep your heel on the ground. Lock your knee and tense your leg muscles as hard as possible.

Hold for seven seconds.

Relax.

Repeat for the other leg.

Position 2

Breathe fully, holding your last breath.

With your leg slightly in front of your body, twist your foot to the left and raise your toes as far as possible from the ground. Keep your heel on the ground and your knee locked. Flex your leg muscles as hard as possible.

Hold for seven seconds.

Relax.

Repeat for the other leg.

Position 3

Breathe fully, holding your last breath.

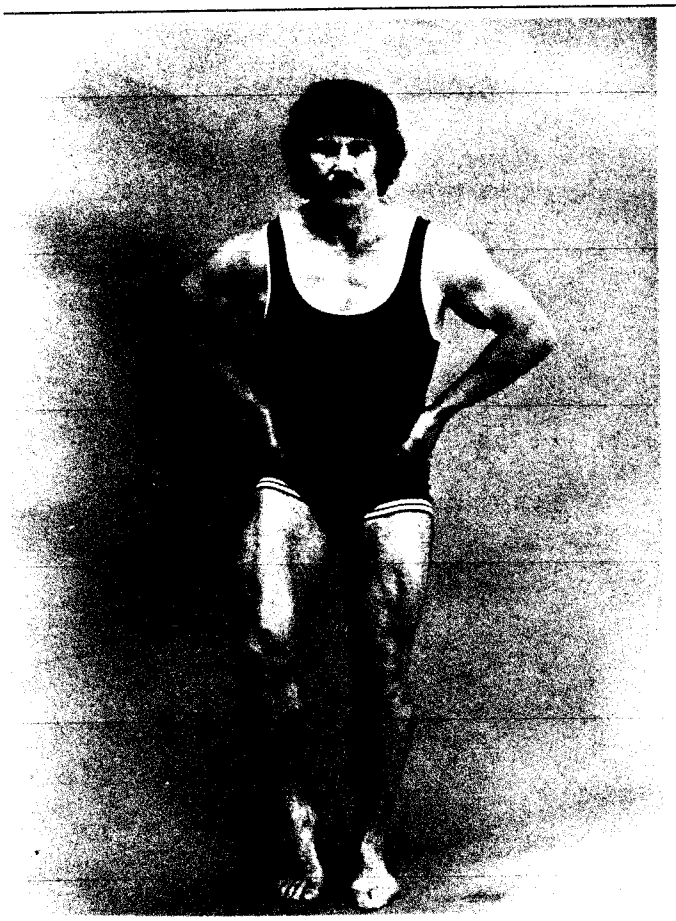
With your leg slightly in front of your body, twist your foot to the right and raise your toes as far as possible from the ground. Keep your heel on the ground and your knee locked. Flex your thigh muscles as hard as possible.

Hold for seven seconds.

Relax.

Repeat for other leg.

*You will be performing these same positions in Section 6 with movement. Use these positions to acquaint yourself with the muscles in your legs.



For the calf muscles:

Calf Flex

Position 1
(This exercise works both parts of the calf.)

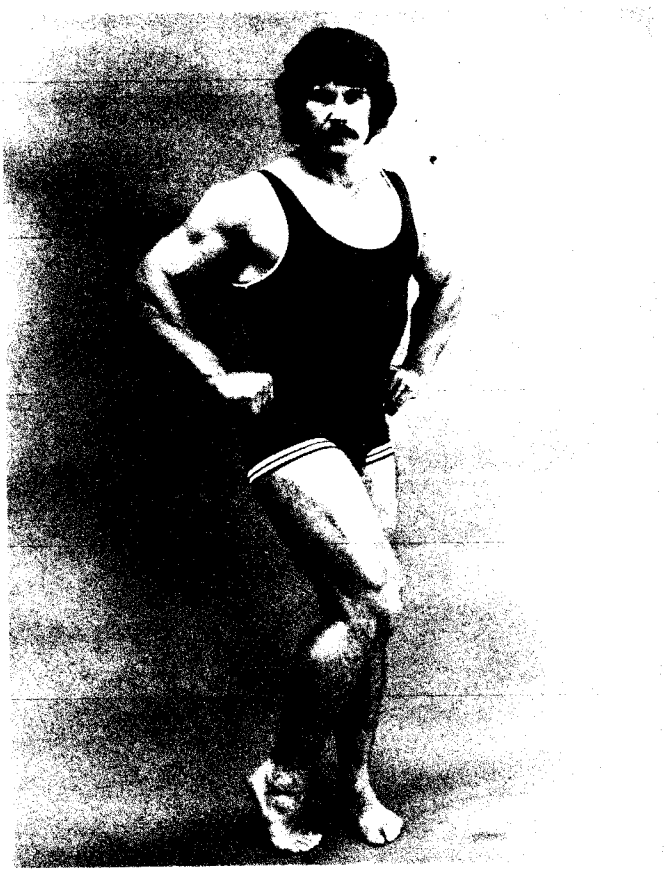
Breathe fully, holding your last breath.

Stand with your right leg slightly bent at the knee, with your heel raised as high as possible. Flex your calf muscles as hard as possible.

Hold for seven seconds.

Relax.

Repeat for the left leg.



Position 2
(This exercise works the outside of the calf.)

Breathe fully, holding your last breath.

Stand with your right leg slightly bent at the knee, with your toes pointing in towards your left leg. Raise your heel as high from the ground as possible. Tense your calf muscles as hard as possible.

Hold for seven seconds.

Relax.

Repeat for the left leg.

Position 3
(This exercise works the inside of the calf.)

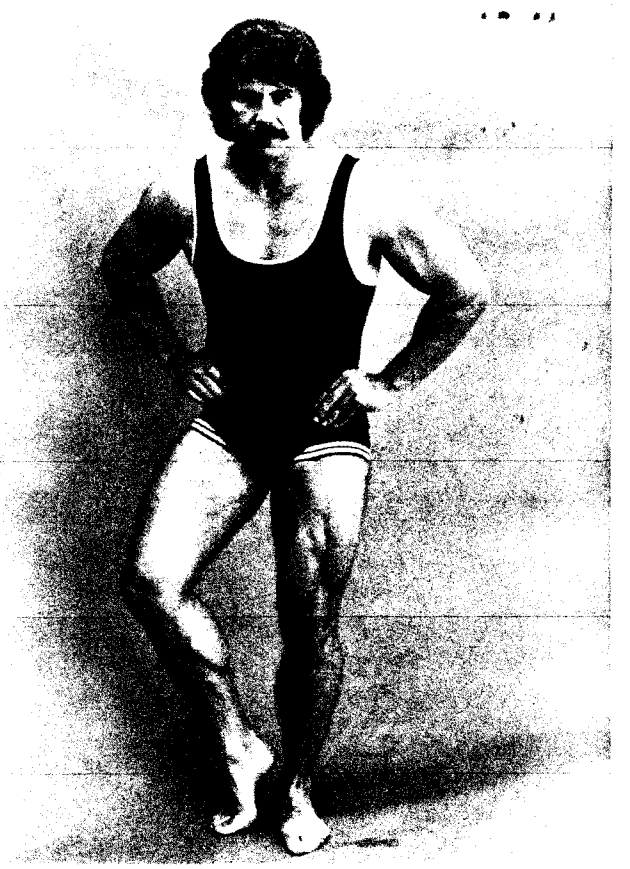
Breathe fully, holding your last breath.

Stand with your right leg slightly bent at the knee, with your toes pointing away from your body. Raise your heel as high from the ground as possible. Tense your calf muscles as hard as possible.

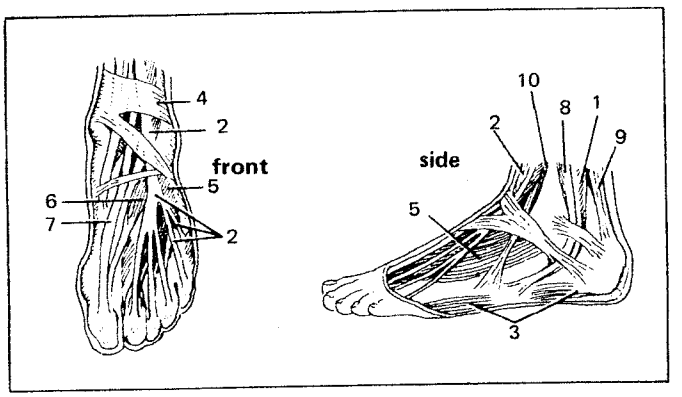
Hold for seven seconds.

Relax.

Repeat for the left leg.



*These positions will also be used in Section 6.



Muscles of the feet:

1. Peroneus Longus
2. Ext. Digitorum Longus
3. Abductor Digiti V
4. Lig. Transversus Cruris
5. Ext. Digitorum Brevis
6. Ext. Hallucis Brevis
7. Ext. Hallucis Longus
8. Peroneus Brevis
9. Achilles Tendon
10. Personeus Tertius

For the feet and the front of the lower leg:

Breathe fully, holding your last breath.

Using a bench or other object to rest your foot on, raise your toes as high as possible.

Hold for seven seconds.

Repeat for the other calf muscle.

*It is beneficial to prepare for this exercise by sitting in a chair and raising your toes from the floor in quick movements. Try to do forty or fifty quick toe lifts in one minute. Lift your toes as high as possible.

For the calves:

Calf Raise

Relax. Breathe fully, holding your last breath.

Place one foot on a bench or chair. Raise up on your toes, flexing the calf muscles as hard as you possibly can. Lift your heel as far from the surface as possible.

Tense for seven seconds.

Relax.

Repeat for the other calf.

You may wish to perform this exercise in three positions, front, left and right. To add tension on your muscle, you can use your hand to push down on your leg as you push up with your heel.

Kung-fu

The study of Kung-fu has been dated to have begun before the birth of Christ. Some historians claim that peasants practiced simulated combat, much like the movements in Kung-fu, as far back as 2600 BC. Evidence shows that Kung-fu began to deal with the internal side of man during the time of Lao Tzu in the sixth century BC.

In Chinese, the word "Kung" means worker or artist, and "fu" means a man. Translations range from "a man who works with art", "a man at work" or simply "hard work."

A fundamental theme in Kung-fu is that life is maintained by a balance or harmony between the two opposite forces: yin and yang. This can also be seen as the reconciling of the conscious and subconscious minds.

Undisciplined emotions and a lack of control are signs of the two forces being out of balance. By controlling one's thoughts and emotions, and by working the body through natural movements and proper breathing, man can achieve harmony with his inner conflicts.

REVIEW

Take a few minutes out at this time and think of what you have learned. You have learned how to concentrate your thoughts, and control your conscious and subconscious minds, now use what you have learned to think back over the course.

Think of the mental control you have learned. Feel your muscles, and the tone and strength which they have gained. Listen to your breathing, and feel your lungs pull in oxygen, releasing it to your body. *Feel* what you have learned, and what you have accomplished.

Look at the goals you have in your life. Look at where you are, and where you want to be. Think of what was on your mind at the start of this course. Think of what is on your mind now.

You have progressed far enough at this time to perform your review on your own. Do it now. Go to the place you have chosen for your Chi concentration exercises, and concentrate on what you have learned.

There is only one lesson left. The secrets left to be revealed are those you hold in yourself. You have learned slowly, and I hope, thoroughly.

Look forward to the final section!

Look inward and see the beauty within yourself; but don't neglect to look outward, and experience the peace and beauty which surrounds you.

Section 6

Part I

APPLYING WHAT YOU HAVE LEARNED

You have learned the basics of controlling your emotions, your moods, your strength, your motivation, your health and your life goals. Now you must apply what you have learned. I hope that you have already begun to use Chi in your daily life—either in a workout, or in a stress situation.

It is up to you to apply what I have taught you. You are the only person who can make it work. I have only a few suggestions which may help you.

For The Athlete In Competition

Use your tension and pre-game anxiety to your advantage. Feel inward. What you interpret as anxiety is really your body gearing itself up for top performance. Use the mental rehearsal the night before a competition, and also immediately before competition. Use your concentration sessions to recall your pre-game anxiety, and to convert that anxiety into a peak performance.

Watch your diet prior to competition. Make sure that you are eating well rounded meals, but not overeating so that your body is wasting needed energy on digestion. Check your carbohydrate and protein intakes to make sure they are in line with your average.

Watch your breathing. Use the Proper Breath before competition to help you relax, and to fill your muscle tissues with the much needed oxygen. Watch your breathing during the game, making sure that you are providing your body with a steady supply of oxygen.

Think about what you are going to do. Actually go through the movements, very slowly. Whether it's basketball, golf, swimming, tennis, soccer, football or baseball, practice the movements you know you will be using. Mentally rehearse them. Think of them in minute detail—every muscle and tendon which will come into play with the movement.

Do not forget to concentrate. Remove other thoughts which may be clogging the lines of communication between your mind and your body. Take a minute out and close your eyes and use your concentration lessons to push out interferring thoughts such as failing and self-doubt. Replace these thoughts with positive thoughts of achievement.

During your rehearsal, think of what positive thoughts should be motivating you. Don't think of slaughtering the other team. Think of putting forth your best effort. Think of achieving what you have trained for. Think of (and list them if you want) the positive motivations which should guide you in the game. Think of them the night before the game. Go to sleep thinking of them. And immediately before the game, think of them again. But when the game starts, concentrate on what you are doing.

For The Weightlifter

In applying the internal strength to achieve maximum strength and power, you should follow the guidelines for athletes outlined above. Think positive, do not let negative thoughts enter into your thinking.

The most important thing is the rehearsal. Use this for several weeks before you attempt a difficult lift. Whatever you are doing, deadlifts, curls or presses, remember to rehearse them, slowly and completely. Use your imagination to feel the bar. Feel your hands strain to

hold it. Feel your fingers tense up, feel every muscle in your arms, shoulders and back come into play. Tense as hard as you possibly can, and then tense harder.

You must tense until you can feel your muscles shake. No matter how strong or big you are, you can tense to the point where your muscles shake. Experience that point, that is where your mind is telling you to stop. Feel what your muscles are doing, and then use your concentration, your will and your imagination to provide a stimulus to tense even harder.

Do not spend a long time on each rehearsal. You are not teaching your muscles stamina. You are teaching them to exert maximum strength. When you rehearse, tense as hard as you possibly can, then tense harder. The important thing is to teach your muscles that they can go beyond their thirty percent limit.

After you have been rehearsing these lifts for awhile, try one in the gym. Never attempt to walk up to a bar and lift it. You have the advantage of preparation—use it. Stop and think about what you are doing. Think about your rehearsals. Think positive, and think that you can do it. Stand before the bar and imagine yourself completing the lift. Watch your breathing. Concentrate on the bar. Know that you have to do it, know that you can do it. Then lift the weight.

In your regular workouts use Chi to complete those sets which seem too difficult. Push yourself past what you think your limits are. Show yourself what you can do. Don't overuse your power. Your body was not designed to push itself all the time. Use your Chi to accomplish some things, but not all things.

For the Martial Artist

Use your Chi to combat fear and pain. Use the concentration to eliminate interference, and to center yourself. Rehearse your movements, your reactions and your emotions. Know how you will react. When fighting, turn your instinct for self-preservation to your advantage. Don't acknowledge pain. Guide yourself with positive emotions.

Studying self-defense is a good discipline in learning to utilize your Chi. It helps give you confidence and also teaches you to react in situations with quickness of both the body and mind.

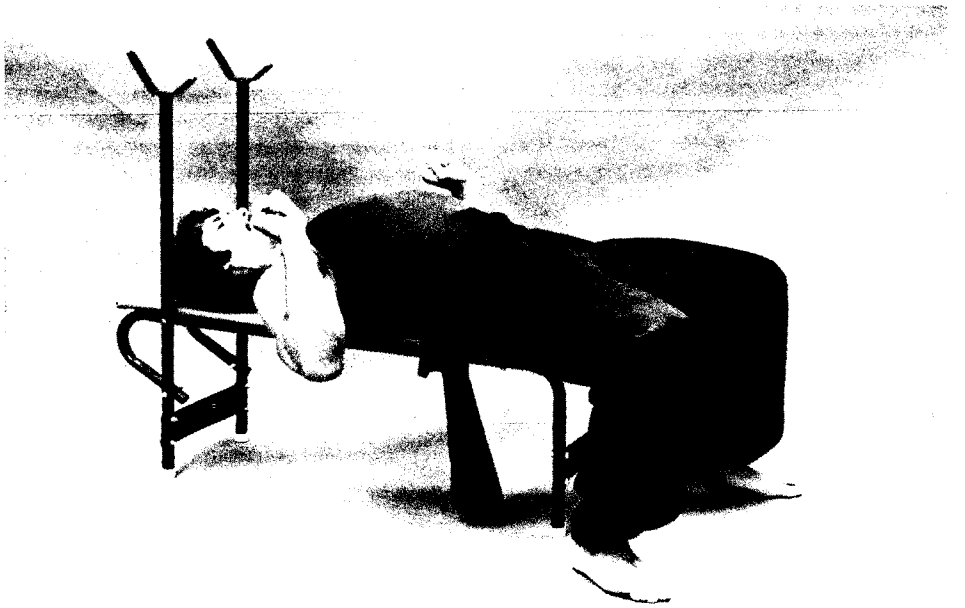
NOTES

Imaginary Weight Lifts

Imaginary Curl

Make certain that your movement is complete and flowing. Don't practice a portion of the exercise, or hesitate in your exertion. Rehearse the entire movement.

Be sure to perform the movement slowly and gracefully. Concentrate on what your body is doing to perform the exercise.



Imaginary Press

Imaginary Weightlifting Checklist:

1. Think of the complete movement you are about to make.
2. Position yourself for the exertion. Breathe fully, holding the last breath.
3. Tense against the imaginary weight, and attempt the lift.

4. Tense harder, moving slowly.

5. Complete the lift, slowly and gracefully.
6. Put down the imaginary weight and relax.

Applying What You Have Learned

In Your Everyday Life

There are a million different times and places where you may want to apply your Chi teachings. I do not believe a day passes by where I do not consciously use my internal strength lessons.

When your emotions get out of control, stop and concentrate on bringing them back. Remember the concentration steps: recall the emotion; analyze the emotion; dispel the emotion and then replace it. As you learn the positive emotions which guide your life, the replacement part begins to get easier.

When you replace an emotion you must replace it with an equally strong feeling. You must use your imagination to create a new emotion, such as a desire for achievement, recognition or improvement. You must create and experience the positive replacement emotion in your mind. You must experience the replacement feelings as strongly as you experienced the emotion or reaction which you are eliminating.

If you have not already, you should begin to list the positive emotions which you want in your life. Take control of your thinking. Know what you want to replace and recognize it when you want to change it.

You can call on your internal strength to motivate you. Think of those things which make you act. Think of the positive emotions which motivate you. If finishing a project makes you feel good, then use that to motivate yourself into completing the tasks you begin. If helping others is a motivating factor in your life, then look at the benefits you can provide others as a motivating factor in your life. If improving yourself is a goal in your life, then look at the progress toward that goal which you can accomplish. Find what motivates you, and apply those motivating forces to your life.

You can also use your Chi to help you relax. Concentrate on calming your body down. Use the Proper Breath. Take inventory of your body and your thoughts. Make yourself relax.

You can use your Chi to constantly improve yourself. When you find something in your personality or appearance that you don't like, then change it. Don't let things depress you. Use your concentration exercises to change your attitudes and outlook. Use your Chi to make yourself happy.

Chi can allow you to overcome your fears. Fears are nothing more than negative emotions. Use your concentration exercises to eliminate those fears. Nothing is constant. Everything changes, and you are in control of the direction of that change.

As I have said before, you are a creature of habit. Everyone wants to find a quick and simple way to improve themselves and make themselves better. There is no quick way. It will take your entire lifetime to make your entire lifetime better.

I divided this course into six sections so that you would be forced to learn slowly. You have had to use your Chi one step at a time. There is only one way to get a habit, by repeating an action. You have repeatedly done your Chi exercises. It is already becoming a habit to you. You must continue to do your Chi exercises. At some point, as it has in my life, it will become second nature to you. You will not even think about what you are doing, and you will probably not even realize that you started doing it through this course. It will just be a part of you. This is the point where it becomes easy. It is not that you will ever stop practicing Chi, it is merely that you may not realize that you are using it.

What you have learned here can change your entire life. Use it.

Freedom is having trust and confidence in yourself.

Part II

SKIN CARE

Now that you have begun to develop and tone your body, it is important to pay attention to the care of your skin. A common problem of body development is stretch marks.

The major cause of stretch marks and wrinkles is dry skin. If skin is kept moist, it is more likely to stretch with the muscle growth and less likely to shrink up and wrinkle.

Just like other tissues of the body, your skin needs nutrition. Although the outer layer of your skin is composed of dead tissue, it can soak up certain emolients and bring their benefits to the living tissue beneath. Primary in skin care is Vitamin E, which is contained in various oils.

I suggest a formula which is rich in Vitamin E and other essential skin nutrients. If, for any reason, you should develop a reaction to this, discontinue its use immediately. Your skin may be too sensitive for this rich mixture. If you cannot use this formula, I suggest any one of the skin moisturizers on the market.

If you have no adverse reaction, then you should apply this lotion to those areas of your skin susceptable to stretch marks (upper arms, delts, pectorials, etc.) and wrinkling, about twice a week. This formula works to shrink existing scars and stretch marks.

This extremely rich formula will keep your skin soft even after showering. I usually apply it at the end of the day, after a workout, and then shower off the excess. Always massage the lotion in thoroughly.

Skin Food Lotion:

6 ounces of peanut oil
2 ounces of olive oil
2 ounces of rose water
1 tablespoon of lanolin

Mix the ingredients well, either by shaking or by beating in a blender. Always shake before applying. The peanut and olive oils can be purchased in most grocery stores. The rose water and lanolin can be obtained from a druggist. Because the peanut oil has a strong smell, you may want to throw in a little after-shave or perfume to disguise the odor.

Part III

MOVEMENT IN EXERCISE

By now you should be feeling comfortable with the tensing exercises. You should be acquainted with many of the working and some of the inner muscles of your body. You should have a sufficient mastery of Chi tensing exercises.

With this knowledge you are now ready to apply the same concentrated tensing to movement. When combining the two you will work entire muscle sets, comprised of up to 14 muscles at a time. You may bring more of the inner muscles into play, as well as strengthening your tendons.

To perform the Chi tensing with movement, the same basic principles apply. Your mind is the key. You must calculate and concentrate on the movement. The movement must be slow and intense. You must learn to feel each of your muscles come into play; perform the movement intensely; and complete the movement with grace and smoothness.

Because different muscles come in and out of play, you must tense longer when performing the exercises with movement than you did with the specific muscle tensing. You may tense in one particular movement for up to 60 seconds. Try to keep the time of tensing to about seven seconds per muscle.

The exercises with movement should be done in conjunction with your regular Chi exercises. Perform only one set of exercises with movement with each of your exercise sessions. You may wish to follow your specific tensing exercises, such as Single Bicep, Fist Forward, with your arm movement exercise.

The movement exercises are great ways to break through sticking points and to work hard areas. They help you gain muscular coordination and grace. They also provide your exercise routine with unlimited variation.

When your muscles become accustomed to one movement, you can slightly alter your position as you perform the exercise to push blood into other areas of your muscle. You should be acquainted with your body's weak and strong areas by now. Use your knowledge of your own body to find the positions and movement which suit your needs best.

The success of these exercises is dependent upon the energy and exertion which you can mentally generate. Just as with the specific Chi tensing exercises, you must generate the enthusiasm and energy to tense your muscles as hard as you can—up to 100 percent of your potential strength.

You have worked every part of your body in your Chi tensing. These exercises utilize what you have already learned. When you perform each of your Chi tensing exercises, think of what movement would work the muscles harder. When you perform your Ab Flex, try rotating your shoulders and torso to apply new tension on your abdominal muscles. When you perform your delt and trap exercises, try applying movement to reap more benefits from the tensing. Use what you have learned and develop a routine to accomplish tone and gains in the areas you want.

Remember to perform the movement slowly and gracefully. By moving slowly and smoothly you are forcing your body to control and regulate its energy expenditure.

Here is a check list for performing the Chi exercises with movement:

1. Relax.
2. Breathe fully, several times. Think of the exercise movement you are about to perform. Hold your last breath.
3. Tense as hard as you can. Watch and feel each muscle come in and out of play in the movement.
4. Move as slow and gracefully as you can. Increase your tensing.
5. Complete the movement slowly and gracefully.
6. Relax.

To help you in learning the movement, I have provided a few sample exercises. These are good movements, but remember to find your own. You are now advanced enough to know when and what movements affect your body and development. Personalize your routine.

MOVEMENT FOR THE ARMS:
The Arm Raise

With your right arm outstretched as shown, slowly raise it towards your body. Tense your entire arm, from your fingers to your shoulders.

This movement should take about thirty seconds to raise your arm up.

Remember to increase your tensing as you raise your arm.

Repeat the tensing as you lower your arm. You should take about thirty seconds to lower your arm.

Repeat for the left arm.

You may wish to vary this movement by raising your arm to the Single Bicep, Fist Forward or Single Bicep, Fist Back position described on page 33.

The Punch

This is a good exercise for aim, coordination, grace and arm tone.

Form a first, with your palm up, in the position shown.

Fix your eyes straight ahead on a single point. Slowly, twist and thrust your fist toward that point. Increase your tensing as you move your arm. Tense your arm muscles as hard as possible.

Retract your arm.

The punching movement should take about fifteen to twenty seconds.

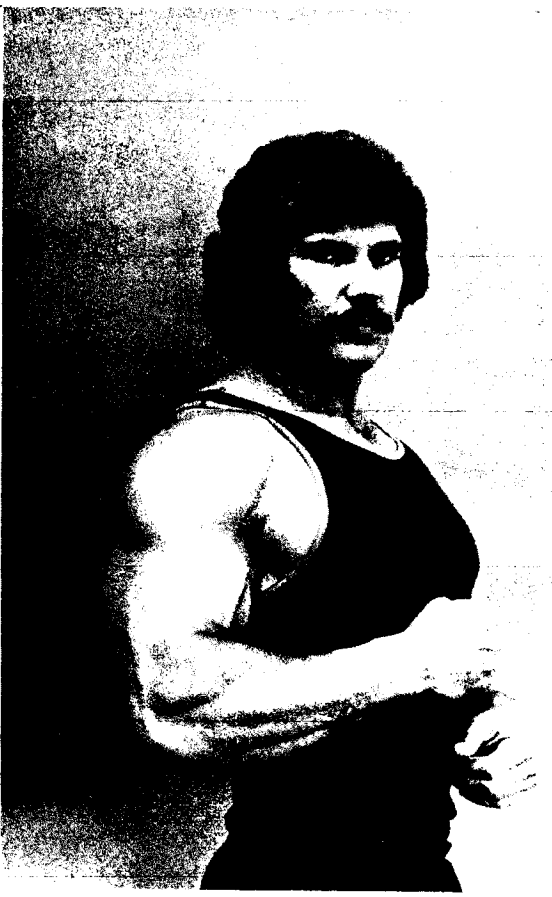
The Arm Drop

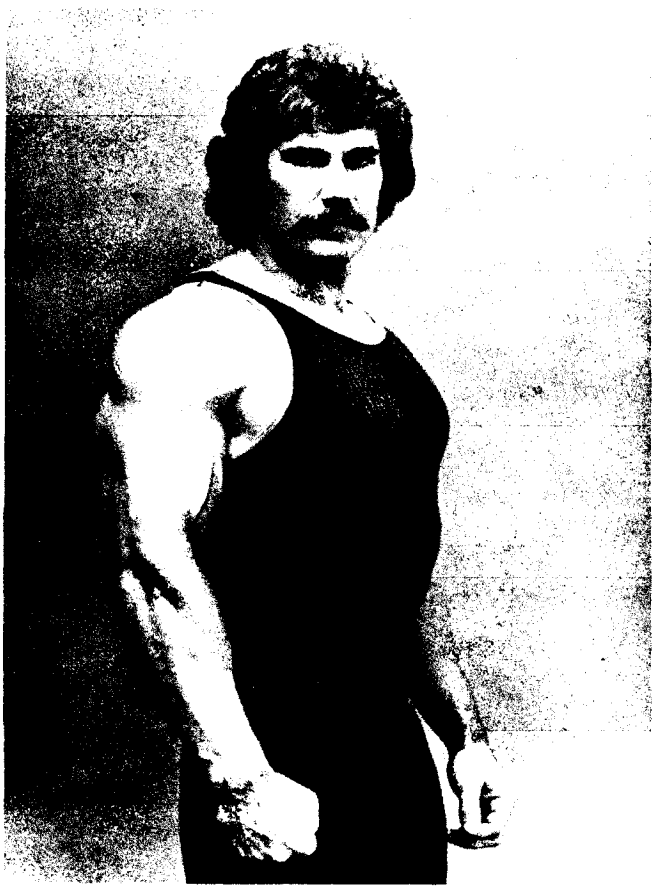
With your right arm bent at the elbow as shown, slowly straighten your arm. Tense your entire arm, from your delts to your fingers.

Lower your arm slowly until it is alongside your body, with the elbow locked. This movement should take about twenty seconds. Be sure to increase the tensing as you move.

Repeat the tensing as you raise your arm back to the waist position. The movement back up should take about twenty seconds.

Repeat for your left arm.





Movement For The Legs:

The best movement for the thigh muscles is a combination of the three positions learned in Section 5. With your toes raised as high from the floor as possible, and your entire thigh tensed as hard as possible, move your toes from the center to the right; and then back to the center; and then to the left; and back to the center. This entire movement, center, right, center, left, center, should take about twenty seconds.

The best movement for the calf is a combination of the three positions learned in Section 5. With your heel raised from the ground and your calf muscles tensed as hard as possible, move your heel from the center to the right; and then back to the center; and then to the left; and back to the center. This entire movement, center, right, center, left, center should take about fifteen seconds.

Part IV

REVIEW

Nutrition and Diet

Your body needs three types of nutrients from food. These are carbohydrates, fats and proteins. In addition, your body requires certain vitamins and minerals every day.

Carbohydrates (such as sugar and starchy foods) are derived mostly from plants. Fats come from animal tissues and some plants, such as olives and peanuts. Proteins come from plants and the flesh and milk of animals.

Your diet should include all three food nutrients. To assist your body in getting the essential vitamins and minerals, I suggest taking a vitamin and mineral supplement daily. Food processing today has removed many of the natural vitamins from our foods.

A diet is an individual's eating habits. There are no universal diets which will work for everyone. Proteins are stored in the muscles. Carbohydrates are stored in fat tissues. By regulating your intake of the two, you can either raise or lower your weight. You cannot eliminate any of the three essential food nutrients from your diet completely.

If you want to gain muscle and bulk, I suggest eating approximately one and one half times your body weight in protein. In other words, if you weigh 200 pounds, you should be eating 300 grams of protein daily.

If you want to lose weight, you should cut down on your carbohydrate intake. The only sure way of finding out how many carhobydrates you should be eating is to chart your eating habits. Your job, the climate you live in, your metabolism and liesure activities can all have a bearing on how many carbohydrates you need for daily maintenance. No two people's needs are the same. The charts in Section 1 provide you with everything you need to chart your own carbohydrate intake rate.

Weight gaining is in direct proportion to your level of energy expenditure. Some noted dieticians claim that you should eat breakfast like a king; eat lunch like a prince; and eat dinner like a pauper. Again, this may work fine for some individuals and it may not work at all for others.

The key to your diet is you. You must study your own eating habits, and what causes a weight gain or loss. Hopefully, you have already charted your eating habits, and have corrected them to your own desires.

Remember to pay attention to your body. Take your food cravings seriously. Is your body trying to tell you something?

Don't forget the essential role of vitamins and minerals to your health. The lack of certain vitamins and minerals from your diet can cause serious problems. Safeguard against these kinds of problems by eating properly and using supplements.

Your body and mind function together. The health of one is dependent on the health of the other. Make certain that your body is supplied with all the necessary fuels to run smoothly and safely.

Emotional Energy

Most of your actions are triggered by emotions. Action is the natural reaction to an emotional stimulus. Non-action can create nervousness and anxieties.

The way you react to your emotions is in large part a habit. Just as everything in life, habits can be changed. It is beneficial to act within the guidelines of positive emotions. Consciously remind yourself every day, with a note, a string around your finger or whatever you choose, to think in positive emotions. Eventually you will learn to act entirely within these emotions. Each night when you go to bed, remind yourself again—Think Positive!

You must set specific goals in your life. You must take control of your life and your destiny, or else the environment will. Decide where you want to go in life, and what you want to accomplish. Make a list of those goals, and work towards them.

In the study of Chi you must be aware of what motivates you. You must be aware of what carries deep meanings with your subconscious mind. You must learn to communicate and direct your subconscious thinking.

Always remember to look at yourself, and to ask yourself why? Why do you do the things you do? Why are you where you are today? Where are you going in the future? You must constantly question and assess yourself.

As you work to keep your mind in good shape, so you must work to keep your body healthy to support your aspirations and dreams. Just as your mind consists of habits, so does your body. *Make a habit of health.*

Each day, include in your schedule a time for exercise, both mental and physical. Work your entire body. It is a fine gift which you possess. Do not let it get tarnished. Take advantage of it. Polish and refine it each day.

Remember the importance of breathing in your life. Remember also the importance of relaxation. Just as you must exercise, you must also relax. Both are important.

Make sure that you have provided your body with the proper nutritional essentials. Then make sure that you provide it with the proper oxygen it needs to be healthy. When your body's needs are satisfied, you will find it much easier to relax.

Use the Proper Breath. Its benefits are limitless.

Take time out of your day to practice your Concentration exercises. Try the Free Concentration, where you listen to your breathing, to reacquaint yourself with your body's natural rhythm.

You have probably begun your own program of conscious altering concentrations by now. When your daily reaction to a certain stimulus is not what you want it to be, use the Chi Concentration sessions to alter that reaction. You have the control of your life and actions within your power, it is up to you to use it.

The keys to conscious altering are:

1. Find a peaceful atmosphere.
2. Find a comfortable position.
3. Perform the Proper Breath 3 times.
4. Close your eyes.
5. Relax. Take inventory if you feel it is necessary.
6. Bring the reaction to mind, actually re-experience the reaction.
7. Dwell on the reaction, analyzing it, and then dispelling it.
8. Replace the unwanted reaction with the desired reaction. Actually experience the new reaction. Sometimes you may spend more time imagining the new reaction than dispelling the old.

Controlling Your Chi

Your control of your internal strength is dependent on how well you get to know your subconscious. Once you have learned what emotional stimulus will excite your Chi, you will be able to control it. You have probably already begun to learn that control.

Whether you achieve 40 or 100 percent use of your Chi is of no consequence. In order to demonstrate to others the power of Chi, I have worked to reach an absolute control. In normal life, I utilize what I have learned constantly. Each day I call upon my internal strength to lesser degrees to put my mind in the state I want it to be.

I enjoy being happy. I use my Chi to keep my moods pleasant. When unfortunate experiences happen in my life, I use my Chi to cope with them. When very pleasant things happen in my life, I use my Chi to enhance them.

I use my Chi to keep myself going. I do not miss workouts. I do not miss my classes. When my body begins to get tired, I use my internal strength to provide me with motivation, that second wind. When one of my students smiles at me, with that look in his eyes that he is discovering his own potential, I use my internal strength to capture that moment, and retain that feeling in myself.

There is no end to where the knowledge and control of your internal strength can take you. You will always be discovering new things about yourself. You now have all the tools. Use them in positive ways.

You have the strength, power, potential and motivation to accomplish whatever you set out to do. Use them. Each day practice your control. No matter how small your accomplishments, they each add up to make the big moves in your life easier.

As I put down the final words of this course, I cannot help but wonder who each of you are. More than that, I cannot help but wonder whether you have found in yourself your own internal strength. If you have only become aware that it exists, and with it exists the power for you to control it, then I am pleased. I hope that you have found much more. I hope that you are already exercising your new-found power and potential in your life.

If each person in the world developed the potential which lies within them, the world would be composed of super men and women. There is an enormous reservoir of untapped energy within each of us, waiting to be channeled into a positive force. It is up to you what you will do with your power.

Until the world can unite in one purpose, we must each look into ourselves and our personal lives to develop them toward a positive end. The good of yourself, and of mankind should be foremost in your goals. Keep looking at the world through your positive emotions. They will allow you to achieve success.

This course began with you, long before I sat down to write it. You control where it will end. Keep it, and its teachings, alive within you. Practice daily, for the health of your mind and body. Continue to learn and to experiment. Continue to live, to change and to evaluate those changes in your life.

Look forward to the rest of your life!